



# Installation Manual



## Insignia DIY Manual

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Thank you for your recent purchase of an Insignia DIY kit. Please read this booklet with great care to ensure you get the best out of your build and have a steam room that will last for many years to come!

Like everything, in order to obtain a first class product that will serve you well for many years, the effort and correctness put into the assembly will reflect in the quality of your finish, therefore if you find the undertaking of installing this is beyond your capabilities we recommend you employ the services of a third party.

## **WARNING**

Do not mount outdoors. Protect from freezing.

Unit must be located as to allow access for service.

The generator will not operate properly, unless it is mounted level with the arrows pointed up.

Do not put a shut off valve in the steam line. Avoid traps and valleys where water could collect and cause a steam blockage. The hot steam line must be insulated against user contact.

Centering the steam pipe is critical in rooms made of plastic, acrylic, resin, fiberglass or similar materials. Allowing the steam pipes to touch materials not rated for 212 degrees Fahrenheit or higher will result in damage to these materials.

Do not install the steam head near bench(es) or where steam may spray or where condensation will drip on the user as this will present a scald hazard.

The steam pipe entry and any other entry into the steam room must be caulked to avoid damage caused by steam leakage into the wall.



## Kit Included within this box:

- 1 x 2.8KW Steam Generator (colour and model may vary from design to design)
- 1 x Steam Pod Outlet
- 1 x White Insulated Thermo pipe
- 1 x Electric box (colour and model may vary from design to design)
- 2 x Chrome Fan/speaker covers
- 1 x Ozone (o3)
- 1 x Drain Hose
- 1 x Speaker
- 1 x Fan
- 1 x Insignia Touch Screen Control Panel

## Steam Room Design Basics

### Step 1

Choose your steam bath space. The ideal ceiling height is 7' to prevent uncomfortable cooler temperature variations near the floor, and we recommend going no higher than 8'. If the ceiling has to be higher than 8'. A ceiling slope of at least 3/4" per foot will prevent condensation from dripping on bathers. The steam bath space also has to be totally enclosed, with a vapor proof steam room door to prevent steam from escaping. All inside surfaces must be completely sealed with a waterproof material such as tile. A floor drain should be centred in the room. The rough opening size of the Steam Room Door will need to be properly framed in before tiling room. Skylights and exterior windows are not recommended for efficiency, and the steam will block the view through the window. Tip: ask your local home or building supply centre for proper vapor barrier to install before tiling over walls, ceiling and floor. The best vapor barrier will be a large sheet that will cover ceiling and walls with 1 piece (less seams is better).

### Step 2

Select a non-porous wall and ceiling surface material that complements the decor of your bath. Porcelain tile, marble, granite, travertine and Ceramic tile are great surface materials for steam baths. To ensure the most comfortable steam bathing experience possible, choose a generator sized for the dimensions and unique characteristics of your steam shower. Tip: Ask your local home or building supply centre for proper backing materials and adhesives to securely attach surface material (tile, marble, etc) over vapor barrier. If you are not familiar with Tiling a room, it may be best to hire a professional to install the surface material in your steam room.

### Step 3

Find a good spot to install the steam generator. Within 10 feet of the steam head is recommended by most manufacturers. Utility hookups include wiring a dedicated 240V electrical circuit back to the board and plumbing in a fresh water line. Common locations include, a bespoke cabinet outside the shower, a nearby closet, basement or attic. IMPORTANT: the steam generator system will need to easily be accessible for occasional maintenance and should not be exposed to freezing temperatures. It must never be installed in the actual shower itself

# TOTAL ELECTRICAL REQUIREMENTS

## STEAM GENERATOR

Voltage Rating        220 -240AC

Frequency Rating    50HZ

Power Rating        2.8KW

Other than steam generator

Internal Circuit Voltage is        12V

Internal Current Rating        0.17A

## **UNDER NO CIRCUMSTANCES UNDERTAKE THIS YOURSELF!!!**

Note for electrician. This product comes with 13 amp plug(s) fitted with RCD unit. We leave the way you prefer to connect this to yourself due to continued additions to current regulations. As at October 2010 we offered two following alternatives.

- 1) Connect within current laws and IP directives using plug and RCD provided with steam version.
- 2) (Preferred) Wire into isolated fused feed connecting directly to the house consumer / service box. Remove the plug / RCD fitted and ensure the Consumer unit has capabilities to replace RCD feature.

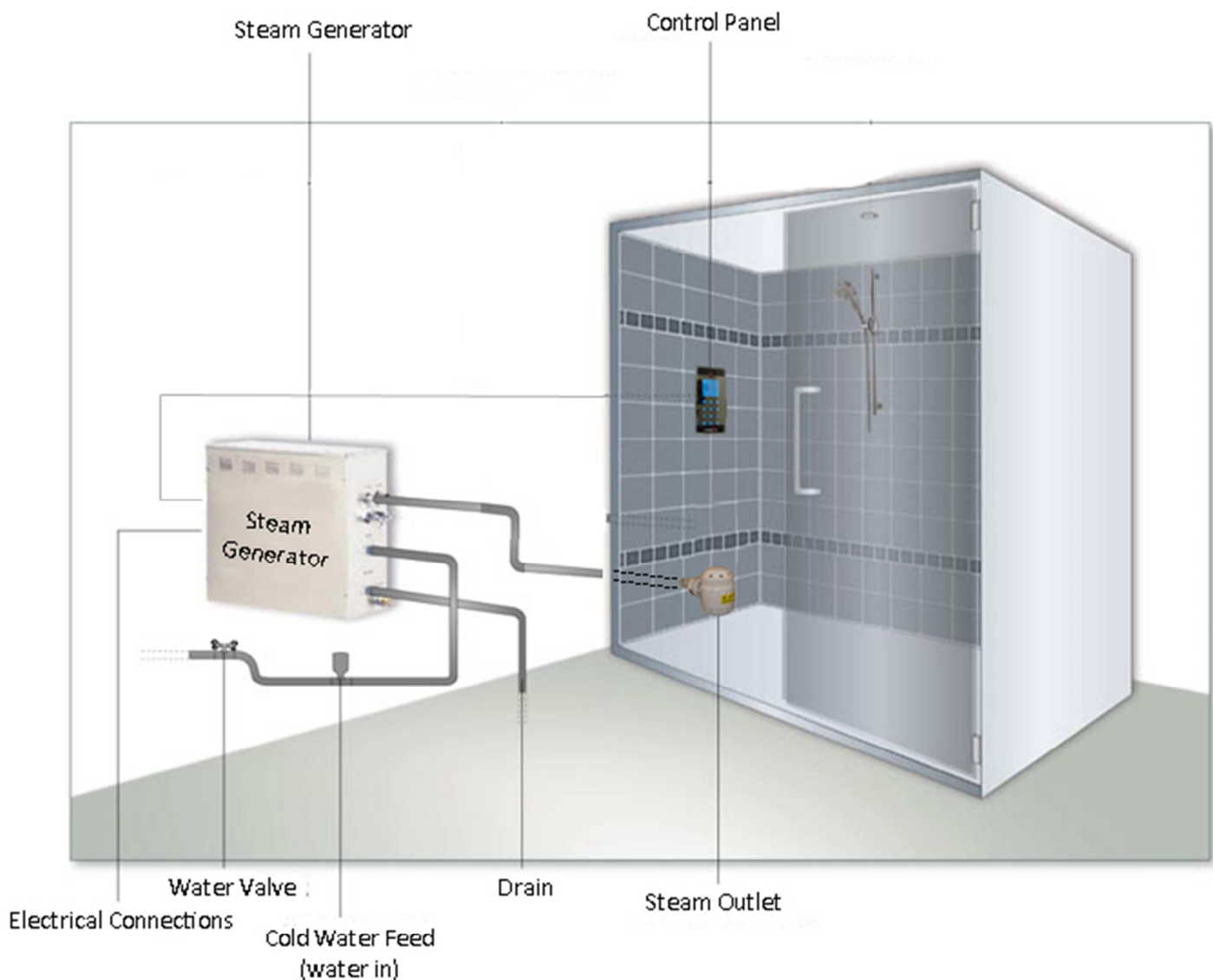
Always use protection against electrical surge. Your shower should be treated the same as a home computer. A surge protector should eradicate the possibility of either the transformer or computer control being burnt out because of this reason.

Please note the earth wire is required from Steam Generator unit. Each earth must ground through power supply line.

## SET UP INSTRUCTIONS:

1. Test everything works on a work bench first. Make sure the steam generator is sitting the correct way up. Failure to follow this will result in the unit not working correctly and could damage the product. How to connect everything is to follow but Please ensure you follow the next few steps first before the final installation
2. Once everything has been checked you can perform the install as per overleaf...

## Typical Steam Generator Connection

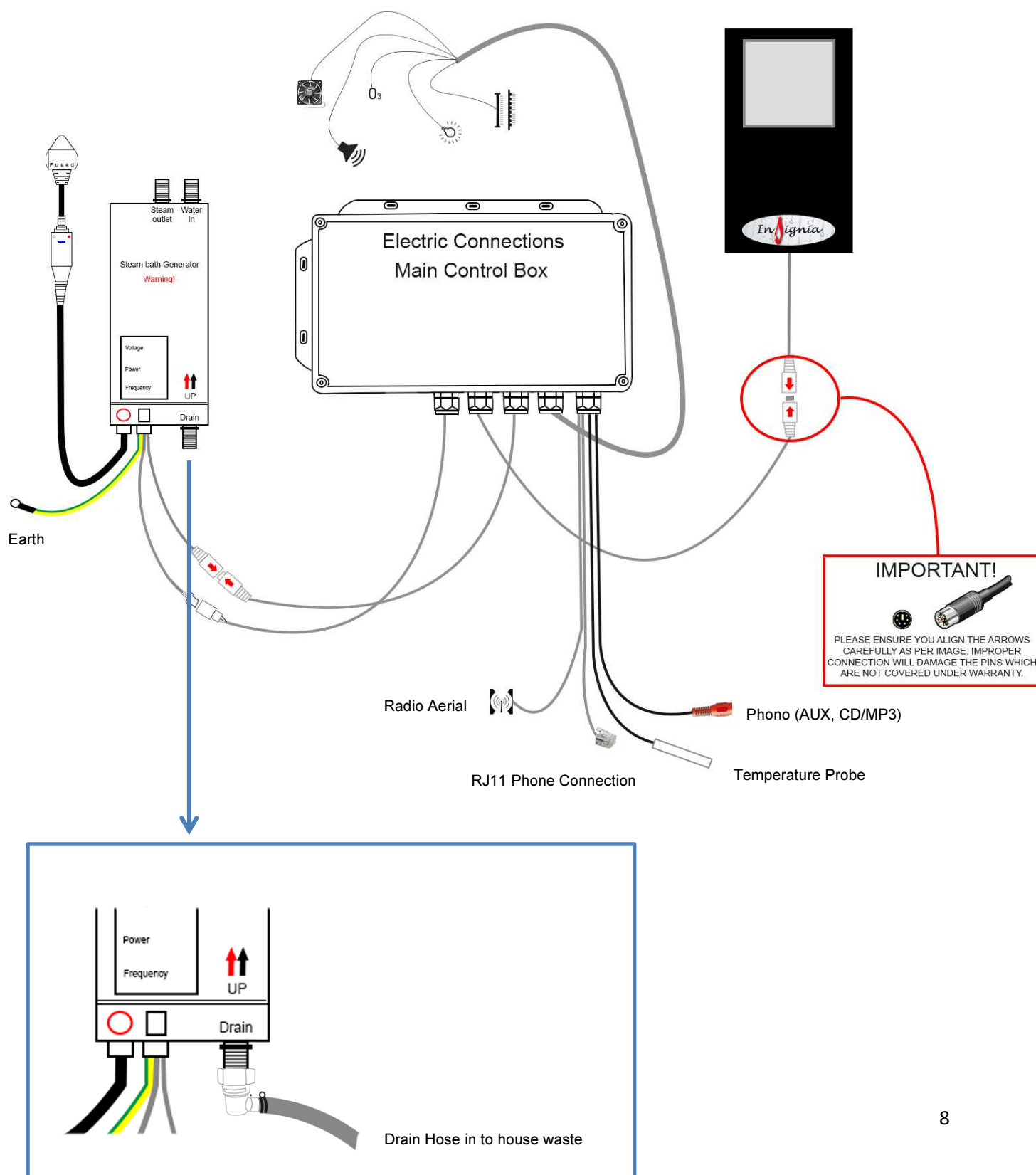


Above is the typical set up for installing your steam generator kit, however models do vary, but the actual set up is always similar

## Installation Guidelines

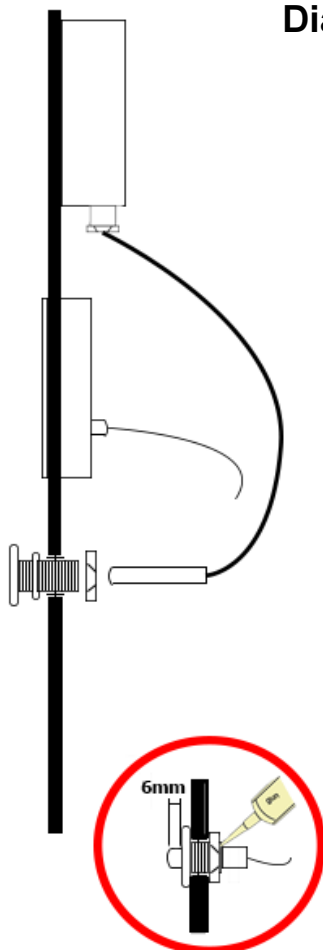
1. Locate your control panel in to the back wall of the steam room approx. head height. You will need to mark out the 4 corners of the control panel and cut out the hole. Once done silicone the panel in to position. Remember when you mark out the 4 holes, you do it on the size of the back of the control panel, **NOT** the front as this will create a hole which is too large. Also remember to ensure the cable reaches the location of where you plan to mount the electric box and steam unit.
2. Locate your steam generator in to the correct position following the arrow on the side of the unit to denote the correct way it should sit. Make sure it's firmly secured and won't fall over.
3. Locate the electric box in a secure position which again will allow for correct mounting of the other components
4. Once all the items have been located in to position you can begin the hook up.
5. Connect a 15mm pipe to the house mains and the inlet marked (water in) it's advisable to ensure you have an on/off valve fitted before the inlet to ensure you can isolate the water in case of an emergency.
6. Connect the white Insulated thermo pipe to the steam generator and the other end to the location on the wall where you plan to attach it to the steam pod. Remember you will need to ensure the pipe reaches where you plan to mount the steam pod, and ensure it's close to the floor.
7. Locate the steam pod on to the wall position (preferably 100mm from the floor and attach the other end of the white insulated pipe to it. You will require a 40mm wall cutter to make the cut for the steam pod. **IMPORTANT!** The steam pod gets very hot during operation so it's highly advisable to make sure it's located in a safe place, or has a guard built around it to prevent anybody from getting scolded.
8. Connect the drain hose to the (water out) connection on the steam unit. This needs to be adapted in to the house waste to carry any condensation/water waste which is produced during operation and when you have finished using the unit.

## Electric Box / Steam Generator Connections



9. Connect up the control panel to the electric box by the aid of the 2 ends male/female and ensure you have a tight fit. **NOTE:** You must ensure you align the arrows on the 2 connectors, as failure to follow this instruction may result in the pins bending/breaking and as a result are not cover under warranty.
10. Drill a 6mm hole about 60mm below the control panel and insert the chrome sleeve which hold the temperature probe in to place. Tighten up the hex nut from the rear (if possible) and insert the probe in to the hole, allowing it to protrude in to the steam room about 3mm. Please a bead of silicone behind the probe to secure it in to place.(See diagram 1)
11. Connect the electric supply from the steam generator to the electric box via the 3 pin connector and water proof sleeve.
12. Connect any further internal fitments such at lights, fans, ozone etc. that you may wish to add to the install.
13. Plug the unit in and test everything works and is safely installed and signed off by an approved electrician. Once done you electrician will assign you with a minor works certificate to verify everything is in full and safe working order.

**Diagram 1**



# MK117 Control Panel Instructions

## Button 1 (Light Bulb)

Press 1x Light relay 1

Press 2x For light relay 2

Press 3x For all Light relays

Press 4x To Switch Off Lights

## Button 2 (Steam)

On/Off

## Button 3 (Fan)

On/Off

## Button 4 (Telephone)

Answer telephone

## Button 5 (Radio)

On

## Button 6 (O3)

Ozone cleaner activation button

Down

## Button 7 (Down Arrow)

Channel select down/manual search

## Button 8 (TUN)

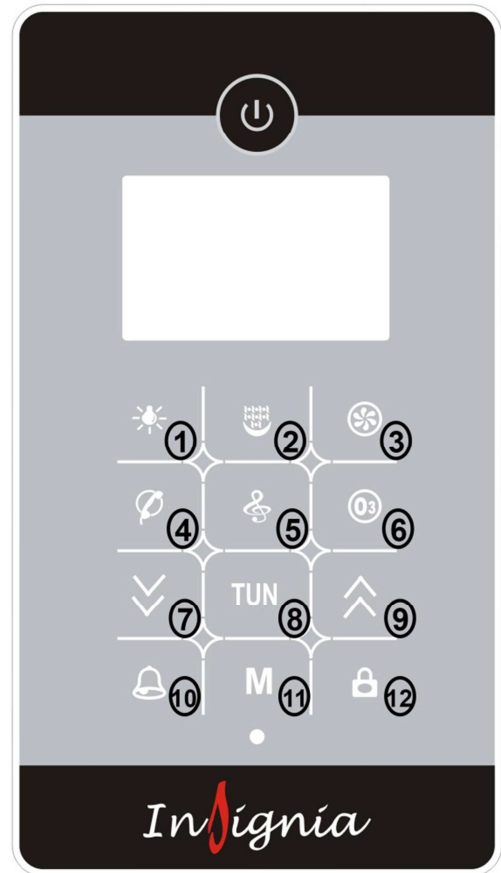
Switch Between manual & auto radio searching

## Button 9 (Up Arrow)

Channel select up/manual search up

## Button 10 (Alarm)

Activate Alarm



## Button 11 (M)

Set Steam Time & Temperature/When Radio is active this button will activate the arrows to become volume buttons

## Button 12 (Lock)

The control panel will automatically lock when not in use for a short time, hold this button down for 3 seconds until a beep is heard and this will unlock and reactivate the control panel for use

## PLEASE NOTE

(when in lock mode the display will have 2 flashing lines on the display and the only button that will work is the alarm)

# What Should I Know About Steam Room Safety?

The following notes are set out as a guideline to using your steam shower/bath and in all cases if you are in doubt you should consult your doctor before using this feature.

When steam room safety is properly observed, steam baths & steam showers can be extremely relaxing, and provide a myriad of health benefits. Spending time in a steam room can reduce stress, help with breathing problems, relieve the pain of sore muscles, and help you sleep. Whether you use a steam room at home or at the gym, it is important to understand basic steam room safety.

It may seem obvious, but steam rooms use heat as well as humidity. If you have any health problems, consult a doctor before you use a steam shower/bath. High blood pressure or heart disease, and various other cardiovascular problems can be exacerbated by high temperatures. In addition, **pregnant women and small children should not use steam rooms.**

For maximum steam room safety, drink plenty of water both before and after the steam bath/shower, since dehydration can be a problem even in a humid environment. Dehydration can be a very serious problem and should be avoided, so make sure you stay hydrated. Also, make sure that you wait at least an hour after eating a big meal before you enter a steam room.

Steam rooms should never be used by people who have a fever or any type, or open wounds. Both of these conditions can get much worse in a steam bath. Additionally, open wounds should not touch surfaces that will come into contact with other people's skin, as they can spread infection.

When you first start using a steam room, pay attention to steam room safety and limit your time in the room. Start with a session of around 5 to 10 minutes, leaving the steam room when you begin to feel uncomfortable. You can always build up to a longer steam room session, but begin by a short relaxing steam bath.

Although it may seem natural to go into a steam room right after exercising, it is best to actually let your body cool down before you go into the steam bath/shower. One aspect of steam room safety is making sure that you are not subjecting your body to hyperthermia, which can happen when you are extremely overheated.

In all cases it is the responsibility of the owner to ensure the user of the steam function understands the implications of the steam and how it operates.